

Urbana Senior Center

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October Program Highlights

Legal Aid & Government Benefits

What seniors should know about legal services provided by Maryland Legal Aid?

What seniors should know about available government benefits? Program is presented by Carol Ahlum, Senior Paralegal.

Date: Wednesday, October 26

Time: 1:00 p.m. **Cost:** Free

For the Health of It

Towson nursing students will be presenting a health education session designed for seniors. Each date will cover a different topic.

Date: Wednesday, October 12

Topic: Exercise

Date: Wednesday, October 26

Topic: Nutrition

Time: 11:30 a.m. **Cost:** Free

Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. This month Steve Stoyke, the Department of Aging nurse will talk about "Forgetfulness"

Date: Wednesday, October 19

Sign-up by Monday, October 17

Time: Noon

Cost: \$4.80 (Regular lunch fee)

Armchair Travelers

Visit other parts of the United States or even other parts of the world...without leaving the senior center.

Date: Monday, October 31

Destination: Korea

Time: 1:00 p.m. **Cost:** Free

Now open Tuesdays until 8:00 p.m

Fraud Awareness

Learn about fraud associated with home improvement scams, telemarketing, and predatory lending. Program presented by Cpl. Corey J. Borns, Sheriff's Office.

Date: Monday, October 17

Time: 1:00 p.m. **Cost:** Free

Osteoporosis Program

Bone health is important! Come learn more about osteoporosis from the staff at Sage Orthopedic Physical Therapy.

Date: Wednesday, October 12

Time: 1:00 p.m. **Cost:** Free

Painting/Drawing Club

Come paint/draw with us! This is an informal gathering. Learn new ideas and refine your technique. Bring your own supplies (no oils).

Date: Wednesdays, starting October 12

Time: 9:30 a.m. **Cost:** Free

Elder Expo 2011

Exhibitors! Health screenings! Door prizes! Lunch! Join us at the Fairgrounds. Limited transportation is available.

Date: Wednesday, October 5

Time: 9:00 a.m.-2:00 p.m.

Cost: \$2 for transportation

Tuesday Night Pizza Night

Every Tuesday is **Tuesday Night Pizza Night!** Two slices of pizza, tossed salad, vegetables, fruit, juice, milk

Date: Tuesdays

Reservations must be made at by 2:00 p.m. the Monday before.

Time: 5:30 p.m.

Cost: \$4.80 (Regular lunch fee)